

Course title	Nutritional education
Component code	04-04
Lecturer	Determined later
Lecturer's email address	
Hours	30
ECTS	5
Semester	Summer
Content	<ul style="list-style-type: none"> - Metabolic programming of the children and nutrition for adults - Factors which influence body weight and BMI - Nutritional needs for carbohydrates - Protein in the diet– the proper amount and food sources - Dietary fat and recommended fatty acids - Minerals and vitamins - DHA, iron and vitamin B for brain functioning - Saccharose, glucose-fructose syrup and soft drinks in general - impact on health and brain function - Meal planning – practical tips - Food intolerances – dietary recommendations
Learning outcomes	Students will obtain the knowledge about the basic ingredients contained in food. They will learn the role of proteins, fats and carbohydrates in human nutrition. The aim of the course is to acquire competence in the preparation of nutritional recommendations for particular population groups.
Selected literature	<ul style="list-style-type: none"> - Katz DL. Nutrition in Clinical Practice. Wolters Kluwer Health, USA. Articles from the Pubmed database that students will receive during classes
Teaching tools/methods	Teaching methods that will be used during the classes: <ul style="list-style-type: none"> - powerpoint presentation - group discussion - case report
Form of examination	The basis for passing the course will be a positively passed single-choice test.